

HORMONE MONITORING SUMMARY FOR TRANS MEN

BASELINE

MONTH
1

MONTH
3

MONTH
6

REVIEW	Contraindications and precautions to testosterone, old records, mental health, education/lifestyle counselling, psychosocial, health maintenance	Hormone effects, cessation of menses, mental health, education/lifestyle counselling, psychosocial	Hormone effects, cessation of menses, mental health education/lifestyle counselling, psychosocial
EXAM/ INVESTIGATION	Full Physical Exam with PAP if indicated, include height, weight, waist & abdo circ. EKG if over 40, EKG + cardiac stress test if additional risk factors	BP, weight, waist & abdo circ., abdominal exam including liver palpation	BP, weight, waist and abdo circ., abdominal exam including liver palpation

BLOODWORK

CBC	✓	✓	✓	✓
ALT/AST^a	✓	✓	✓	✓
Fasting Glucose	✓			✓
LDL/HDL/TG	✓			✓
Testosterone (+/- Estradiol)	✓	✓	✓	✓
LH^b	✓			
Other	Hep A, B, C Pregnancy test (before first injection)			

a) for Ontario providers who may be restricted in ordering OHIP- covered AST levels, ALT alone may be used to screen for liver dysfunction

b) Elevated LH post-gonadectomy may have implications regarding bone mineral density (See Osteoporosis and BMD Screening)